New York Sharks

RCC Coaches Corner – January 6, 2020
Notes and Reminders

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Safe Sport Recognition

We have enough points for Safe Sport Recognition Approval! I just submitted to the USA Swimming administrator for the approval

Click Here for our Safe Sport page

Please send your confirmations to Regina O'Brien and me when you are finished! When your swimmer and household complete the courses, you qualify for a volunteer hour with the club!

Shark Skill Workshop Reminders:

- **New Workshops are now Open!** Check the Registration Platform page for information on dates for the workshops and the focus for each one!
- **This Saturday is Backstroke from 12:00-1:30 pm at RCC!**

Meet Sign-Up

All the meets for February and March will be added to the website for registration early next week. In the meantime, the NYSA Winter Invite is open for registration now with meet information and an event file available to view – Registration will go until Wednesday January 8, 2020.

Dates	Meet Name	Groups	Location	Deadline
Jan 10-12	Jim Wood Memorial Invite	All Qualifiers	Rutgers University, NJ	**CLOSED**
Jan 10-12	NBS Trials and Finals	All Groups	Valley Central	**CLOSED**
Jan 17-19	NYSA Winter Invite	All Groups	Valley Central	January 8, 2020
Jan 18	YMID 8 & Under Meet	All 8 & Unders	YWCA White Plains	
Feb 7	MWDA Sink or Swim Distance	All Groups	Washingtonville HS	
Feb 8-9	MWDA Sink or Swim	All Groups	Washingtonville HS	
Feb TBA	BGNW February 8 & Under	All Groups	Boys and Girls Mt Kisko	
Feb 13-16	**Metro Senior Champs**	**All Qualifiers**	**Nassau County Aquatic**	
Feb 28-Mar 1	Metro Silvers North	All Qualifiers	Felix Festa	
Mar 7-8	Metro 8 & Under	All 8 & Unders	Felix Festa	

Mar 13-15	**15-18 Team Challenge**	**All Qualifiers**	**Nassau County Aquatic**	
Mar 13-15	**Metro 14&U Junior Olympics**	**All Qualifiers**	**Nassau County Aquatic**	
Mar 26-29	**EZ Speedo Sectionals**	**All Qualifiers**	**Buffalo, NY**	

Goal Meetings

Please email your coaches to set up goal meetings. If you're 12 & Under, these meetings must be done with Coach, Swimmer and Parent. If you're 13 & Older, we can meet with Coach, Swimmer and Parent or Coach and Swimmer – whatever your preference. Meetings can be scheduled prior to any practice:

Seniors – Email Coach Pete – petahodonnell@gmail.com
AG 2 – Email Coach Jeff – j3ffrey.c@gmail.com
AG 1 – Email Coach Pete – petahodonnell@gmail.com